

Polar Bear Plungers

First Timers' Tips

So you've finally decided to grin and bear it and take the Plunge?! Congratulations – you have signed up for an unforgettable experience, both in and out of the water!

In order to help you successfully navigate your very first Plunge, we have asked a veteran Plunger to offer some words of wisdom:

DO

- Wear your plunging suit under the clothes you wear to the event – then you don't have to change into it just to change right back out of it!
- Choose your "Plunge Day" outfit (or post-Plunge gear) with this in mind – you will be cold and possibly numb, so loose-fitting, easy-on clothes without a lot of snaps, zippers or buttons are best. When your fingers and toes don't work so well, it's not so easy to get some of that stuff back on!
- Bring a loose pair of shoes to wear after the Plunge – something that will slip easily on and doesn't have tricky laces (think Crocs)
- Carpool, or even better, charter a bus with a whole group of friends. The park only holds so many cars
- Visit the merchandise tent and see the other entertainment there. It's worth it!
- If you are a veteran offer up some help to the Plunge rookies – first-timers are easy to spot! I remember having a helper the first time I went

DO NOT

- Do NOT dive in – this is a safety regulation and will be enforced by the safety team!!! Beyond that, remember that a Plunge is whatever you want it to be, so there is no pressure to fully submerge yourself. I recommend you do not go into the water above your abdomen. The water is cold (it is January after all!) and will take your breath away
- Do NOT run into the water, there might be things in the water you can not see. You might step on them or kick them and trip
- Do not be the first to go into the water if it is your first time. Remember there will be many people behind you and if you get in there and decide you do need out immediately, it will be very difficult to do so quickly
- Do not worry about "missing" the Plunge – there were almost 8,000 of us that went in the water last year, so even if you wait 10-15 minutes until the crowd thins out, you'll still get the full Plunge experience...but in a less congested way. This also makes it easier for your entourage to bear witness to the big event and snap your photo

THINGS TO BRING

- A plastic bag for wet clothes
- A backpack to hold street clothes and your new sweatshirt!
- Two medium size towels one to dry with and one to stand on
- A dry partner to hold your valuables while you are in the water
- River shoes for going into the water, the sand is very cold on bare feet
- Clean dry under garments to wear after Plunging
- A disposable, waterproof camera that you can carry into the Plunge Zone with you...even if your "handlers" can't get a close-up of you in the water, feel free to ask a fellow Plunger to capture your big moment on film